



Wilmington Short Course Duathlon **January 19, 2008 – 11am**

Arrival Time: Arrive at Heyward Bellamy Elementary School no later than 9:45 am. **EVENT START-11:00 am.** Packet Pick up line will close at 10:00 am. If you are not in line by this time you will not be allowed to get your packet.

Packet Pick-Up: Friday (1/18) – 4:00 pm – 7:00 pm @ 2 Wheeler Dealer
Saturday (1/19) - 8:00 am– 10:00 am @ Race Site

Non-USAT Annual Members: If you have not paid the one day \$10.00 USAT fee be prepared to pay this at the race site.

Parking: All parking will be done in the lower parking lot of the school.

Winning Time Chip Timing: You will receive our timing chip on event morning at the Timing Chip Pick-Up Tent. Please review the Chip Instruction Sheet in your event packet. You are responsible for the return of your chip. Failure to return your chip for any reason will result in a \$50.00 replacement fee. THERE WILL BE NO EXPECTATIONS TO THIS RULE.

- **NOTE: You must have your run number with you on race morning to pick up your timing chip.**
- **NOTE: Do not cross any timing mats between 10am-1pm on race day unless you are racing.**

Pre-Event Instructions/Meeting: A pre-race meeting will be held at the race site at 10:45 am on Saturday (1/19). This meeting will go over course logistics and race instructions.

Pick Up Your Trash: We ask you to be considerate and not throw debris on the ground during the run and bike. Littering compromises our chances of staging these races at selected venues. It also makes it difficult for staff and volunteers following the race. It will also get you DQ'd if a USAT official catches you! Please help us out and look for trash bins - there will be plenty of them scattered around the course.

Awards: Award presentation will begin immediately after the last finisher completes the race. The estimated time for the awards ceremony is 1:00 pm.

Results: Results will be posted throughout the race. Complete results will be posted on www.fsseries.com by Monday (1/20).

Transition Area:

- All participants have a bike rack location. Find your range of bike numbers and rack your bike.
- No bike storage the night before the race.
- Participants only in the transition area.
- Only the race participant will be allowed to remove his/her bike from the transition area.
- Participants will have to run their bikes to the transition area entrance before mounting and will have to dismount at the transition area entrance upon completing the bike leg.

Run 1:

Run Course 3.1 miles (out and back)

- 1. Start in Bellamy School parking lot**
- 2. TL Sanders Road**
- 3. TR River Road**
- 4. Turnaround at 1.55 mile aid station**

Bike:

- ◆ Course map available on the Finish Strong website and will also be inserted into the race packets.
- ◆ Hard shell helmets must be worn.
- ◆ Helmets must be fastened before leaving the transition area.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ Provided bike frame numbers must be attached to the top tube of the bike near the handlebars.
- ◆ Helmet numbers that are provided must be worn on the front of the helmet.
- ◆ No headphones, earphones, or any radio-type devices will be allowed.
- ◆ There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- ◆ No drafting – please make sure you are at least 3 bike lengths behind the person in front of you.

Bike Course 12.4 miles

- 1. Start in Bellamy School Parking Lot**
- 2. TL Sanders Road**
- 3. TL River Road**
- 4. Turnaround at Voyagers Way in Snows Cut Park**
- 5. River Road**
- 6. TR Sanders Road**
- 7. TR Bellamy School Parking**

Run 2:

Run Course 1.5 miles (out and back)

- 1. Start in Bellamy School parking lot**
- 2. L Sanders Road**
- 3. TR River Road**
- 4. Turnaround at 0.75 mile aid station**

Relay Teams:

- Runners will tag bikers at the bike rack location.
- Bikers will tag runners at the bike rack location.